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# GOOD MEXICAN. REAL FAST.™

Digital Recipe Guide



# GOOD MEXICAN. REAL FAST.™



## HOLA!

Discover delicious, super simple, Mexico-inspired meals your family will love! Use this guide complete with easy-to-use recipes, paired with time-saving cookware, to help you quickly plan healthy meals that will have you go from raw to ready in 20 minutes...without a ton of advance meal prep.

Versatility is the nombre of the game: either follow the recipes on the packs or labels, or use the blends as seasonings to create new flavourful experiences.

Enjoy the right amount in the right combination! All recipes within this guide are Good Food. Real Results.™ friendly—simply follow the prompts to help ensure you have a perfectly portioned, balanced plate:

- ½ plate filled with veggies
- ¼ with complex carbs
- ¼ lean protein
- Healthy fat on top

**FYI:** Perfect portions are what keeps you feeling full between meals, without the need to snack!



# 5 WAYS WITH GUACAMOLE DIP MIX



A Tex-Mex blend, with sweet peppers, garlic, and chilies. One jar makes 8 cups guacamole (see label recipe). Versatility is key! Blend with avocados and lime to make guacamole or use as a seasoning for everyday cooking.

1

## EASY BLACK BEAN SOUP

Sauté **1 chopped onion** in oil over medium heat until soft. Stir in **1 can (19 oz/540 ml) black beans** (drained and rinsed) and **1½ tbsp dip mix**. Add **2 cups broth** (your choice). Cover and simmer, stirring occasionally, for 15 min to let flavours blend. Puree with a hand blender. Add more broth, if needed. Top with prepared **guacamole**.

2

## VEGGIE FRITTATA

Melt **1 tsp butter** in a large non-stick fry pan over medium-high heat. Add **2 chopped bell peppers** and **1 cup chopped broccoli florets**. Stir-fry until veggies are tender-crisp, 3–5 min. Stir in **1 tbsp dip mix**; add **8 eggs**, lightly whisked, and **¼ cup grated cheese**. Cook, without stirring, just until edges set, 1 min. Bake in preheated 350° F oven until centre is set when pan is jiggled, about 15 min. If needed, wrap pan handle with foil.

3

## GREEN LINGUINE

Toss **1 lb (450 g) cooked linguine** with **3–4 tbsp olive oil**, **1 tbsp dip mix** and pinches of **sea salt** and ground **black pepper**. Stir in **2 cups baby spinach** and **1 sliced avocado**. Squeeze in juice from **1 lemon**. Top with **crumbled feta cheese**, if desired.

4

## AVOCADO TUNA SALAD SAMMIE

In a bowl, mash up **1 small avocado**. Drain **1 can (6 oz/170 g) light tuna**; add to bowl with **¼ cup each diced celery** and **red onion**, and **1½ tbsp dip mix**. Squeeze in juice from **½ lemon**. Stir well to combine. Divide filling between **2 slices of bread**. Top with **lettuce**; cover with a second slice of bread. Cut diagonally and serve.

5

## GREEN DEVILLED EGGS

Peel **6 hard-boiled eggs**. Cut each egg in half lengthwise; scoop yolks into a bowl. Add **1 avocado** and mash. Stir in **1 tbsp dip mix** and juice from **½ lime**. Using a spoon or pastry bag fitted with a plain tip, fill hollowed egg whites. Top with **cilantro**, if desired. Serve immediately.

# 5 WAYS WITH ENCHILADA SEASONING



Bright and acidic flavour with mellow heat. One pack makes 4 black bean enchiladas (follow recipe on pack). Blend is vegan.

1

## SUPER SPEEDY CHILI

Place **1 lb (450 g) lean ground beef** in a **Multipurpose Steamer**. Cover; microwave on high 4–6 min. Stir in **1 pkg seasoning**, **1 can (19 oz/540 ml) kidney beans** (drained and rinsed), **1 can (28 oz/796 ml) diced tomatoes**, and **½ cup water**. Cover; microwave on medium, until warmed through, 10–12 min. Stir occasionally.

2

## EASY ENCHILADA MEATBALLS

Combine **1 lb (450 g) lean ground beef** and **½ pkg seasoning**. Form into 16 meatballs. Place in **Multipurpose Steamer**. Cover; microwave on high, for 4–5 min. Uncover; let sit about 1 min. Meanwhile, in a microwavable bowl, whisk together **remaining seasoning**, **1 tbsp tomato paste**, and **¾ cup water**. Microwave on high, uncovered, 2 min, or until thickened. Pour over meatballs.

3

## LAYERED ENCHILADA DIP

Brown **½ lb (225g) lean ground beef**. Spoon into a small casserole dish. Layer **1 cup each prepared salsa**, **guacamole**, and **1 pkg prepared Enchilada Sauce** over beef. Top with **grated cheese**. Bake for 5 min or until cheese melts.

4

## ENCHILADA EGGS

In **Multipurpose Steamer**, add **1 can (14 oz/398 ml) refried beans**. Cover; microwave on high until warm, 2 min. Meanwhile, in a large non-stick fry pan, warm **1 pkg prepared Enchilada Sauce**. Stir in warm beans. Make four wells in the sauce; break an **egg** into each one. Cover and cook until egg whites are set and yolks are done to your liking. Serve with warm **tortillas** and dollops of **guacamole**.

5

## PULLED PORK WITH A KICK

In a slow cooker, whisk together **1 pkg seasoning** with **1 can (14 oz/398 ml) crushed tomatoes**, **1½ cups water**, **½ cup brown sugar**, and juice from **1 lime**. Add **3 lb (1.3 kg) boneless pork shoulder** or **butt roast** and turn to coat with sauce. Cover and cook for 6 hours on low or for 3 hours on high. With two forks, pull pork into shreds. Stir into sauce.

# 5 WAYS WITH FAJITA SEASONING



Lively, blend of paprika, peppers, herbs, cumin, and garlic with medium heat. One jar makes 17 fajitas (follow label recipe). Blend is low sodium. One tsp contains 10 mg sodium, whereas some store-bought blends can have up to 125 mg.\*

1

## FAJITA SPICED CHICKPEAS

Preheat oven to 400° F. Drain and rinse **1 can (14 oz/398 ml) chickpeas**; pat dry with paper towel. Coat with **2 tbsp oil** and **1–1½ tbsp seasoning**. Spread in a single layer on a lined sheet pan. Bake for 20 min or until crispy.

2

## CHICKEN FAJITA DIP

In a microwavable bowl, stir together **1 brick (8 oz/250 g) light cream cheese** (softened), **1 cup chopped cooked chicken**, **½ cup light sour cream** or **mayonnaise**, and **1 tbsp seasoning**. Microwave on high at 1 min intervals, stirring well in between, until cheese melts and dip is hot, 2–3 min.

3

## FABULOUS FISH TACOS

Place **1 lb (450 g) white fish** in a **Multipurpose Steamer**. Sprinkle with **½ tbsp seasoning**. Cover; microwave on high 3 min. Remove fish from microwave; let stand, covered, 1 min. Drain excess liquid from steamer. Break fish into small chunks with a fork; divide between tortillas and top with **sliced bell peppers** and **shredded coleslaw**.

4

## FEISTY BURGER

In a large bowl, combine **1 lb (450 g) ground meat** (your choice) with **1½ tbsp seasoning**. Form into four patties. Pan fry over medium heat, about 4–5 min per side. Top each with **1 slice Monterey Jack cheese** for the last minute of cooking. Tuck into **burger buns** and serve with your favourite sauce and toppings.

5

## TEX-MEX SCRAMBLED EGGS

In a large non-stick fry pan, cook **1 chopped bell pepper** and **½ lb (225 g) lean ground beef** until meat is cooked through, about 3 min. In a bowl, beat **6 eggs** with **1 tsp seasoning**. Pour over beef mixture. Using a spatula, gently move spatula across the pan to form large, soft curds.

# 5 WAYS WITH POCO PICANTE SALSA MIX



Fresh and vibrant flavours of cayenne, chilies, and garlic, with medium heat. One jar makes 6 cups salsa (follow label recipe). Make as little or as much as you want; say goodbye to forgotten half-eaten salsa jars in your fridge. Use blend as a seasoning for cooking.

1

## CHOPPED CHICKEN SALAD LETTUCE WRAPS

In a bowl, whisk together  $\frac{1}{4}$  cup each light mayonnaise, 2% plain Greek yogurt, and 2 tbsp mix. Stir in 4 cups cooked chicken, 2 diced celery stalks, 1 chopped bell pepper, and 1 sliced green onion. Serve in lettuce leaves.

2

## CREAMY DREAMY SALSA DRESSING

In a blender, combine  $\frac{1}{2}$  cup light mayonnaise,  $\frac{1}{2}$  cup diced tomatoes, juice from  $\frac{1}{2}$  lime, and 1–2 tbsp mix. Blend until smooth. Thin out with water, as needed. Toss with cooked cooled pasta, chopped potatoes or rice, and lots of veggies.

3

## SALSA SAUCE

Whisk  $\frac{1}{4}$  cup olive oil with juice from 1 lime and 1 tbsp mix. Stir in 1 diced tomato. Pour over roasted chicken, beef, fish, or pork.

4

## SASSY SALSA RICE

In a Multipurpose Steamer, combine 1 cup uncooked white rice, 2 cups water,  $\frac{1}{2}$  cup diced tomatoes, and 2 tbsp mix. Top with Multipurpose Tray; microwave uncovered, on high for about 16–18 min, or until tender. Sprinkle  $\frac{1}{2}$  cup grated cheddar cheese prior to serving.

5

## SALSA STUFFED BELL PEPPERS

Place 1 lb (450 g) lean ground beef in Multipurpose Steamer. Cover; microwave on high, 4–6 min. Stir in 1 cup each cooked rice and prepared salsa. Cut tops from 4 bell peppers; remove pits and seeds. Spoon in beef mixture. Place peppers in steamer (don't wash) and top with  $\frac{1}{2}$  cup grated cheese. Cover; microwave on high until peppers are soft, 5 min.



# MULTIPURPOSE STEAMER

Like a casserole dish in design and purposes, this cooking utensil has a 14-cup capacity.

## SILICONE 101:

- Made of 100% food-grade silicone.
- Flexible and non-stick for easy cooking and cleaning.
- Heat resistant up to 450° F.

Comes with a **Multipurpose Tray** to separate food (cook veggies on the bottom, protein up top). Or cook kale and potato chips, or pita crisps in the microwave.

## CARE & USE:

- Wash before initial use.
- Dishwasher, microwave, freezer, and oven safe.
- Do not use scouring pads or abrasive cleaners.
- CAUTION: contents may become very hot; use oven mitts and be cautious when removing lid.



# 2-IN-1 CITRUS PRESS

Say hello to seed-free citrus fruit squeezing—we're talking about lemons, limes, clementines, and tangerines!

Place the fruit cut-side down so that the juices can run through the drain holes when pressed.

## CARE & USE:

- Wash before initial use.
- Dishwasher safe.

## SAVVY SQUEEZING SUGGESTIONS:

- Roll the fruit on your countertop before cutting it.
- A room temperature fruit will juice better than one straight out of the fridge. Forget to pull it out of the fridge? No problem—microwave for about 10–20 seconds for easier juicing.

1 lemon = about 3 tbsp juice

1 lime = about 2 tbsp juice



# EASY CHICKEN FAJITAS



## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced vegetables, your choice.

## RECIPE TIP

Make it vegetarian by swapping meat for 4 cups beans or lentils.



TOTAL TIME: 15 min



4 SERVINGS



\$3.46 CA/\$3.01 US PER SERVING

## INGREDIENTS

2 bell peppers  
¼ red onion  
1 lb (450 g) boneless, skinless chicken breasts  
2 tbsp **Fajita Seasoning**  
1 large tomato  
2 tbsp **Poco Picante Salsa Mix**  
½ lime  
1 avocado  
1½ tbsp **Guacamole Dip Mix**  
8 small wholegrain or corn tortillas, warmed

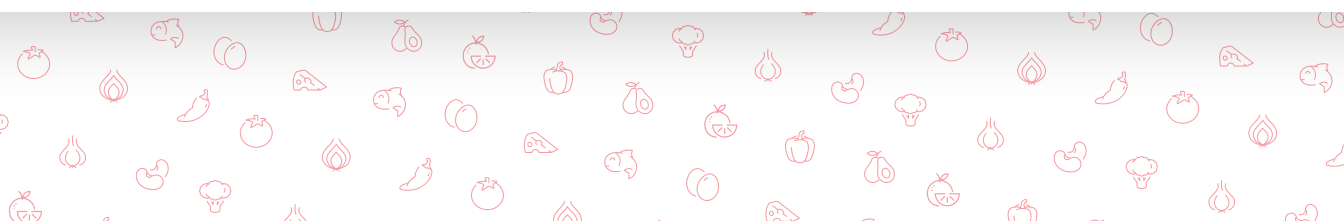
## NUTRITIONAL INFO

**Per serving (2 fajitas):** Calories 460, Fat 16 g (Saturated 3 g, Trans 0 g), Cholesterol 65 mg, Sodium 750 mg, Carbohydrate 49 g (Fiber 8 g, Sugars 6 g), Protein 30 g.

## INSTRUCTIONS

1. Thinly slice bell peppers and onion. Thinly slice chicken. Place in **Multipurpose Steamer**; stir in seasoning. Cover and microwave on high 3–5 min.
2. Meanwhile, prepare salsa. Dice tomato; place in a bowl and stir in salsa mix. Using the **2-in-1 Citrus Press**, squeeze in 1 tsp lime juice. Stir to mix.
3. For guacamole, cut avocado in half; discard pit. Scoop flesh into a bowl; add dip mix and squeeze in 1 tsp lime juice. Using the **Ground Meat Separator**, coarsely mash.
4. To serve, spread guacamole over warm tortillas. Spoon fajita mixture and salsa on top.

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# 10 MINUTE SALSA CHICKEN



## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 2 tbsp prepared **Guacamole**.



TOTAL TIME: 10 min



1 SERVINGS



\$4.02 CA/\$3.42 US PER SERVING

## INGREDIENTS

1 medium tomato or ½ cup canned diced tomatoes

4 oz (112 g) boneless, skinless chicken breast filets

½ cup canned black beans, drained and rinsed

½ tbsp **Poco Picante Salsa Mix**

1 wholewheat tortilla wrap

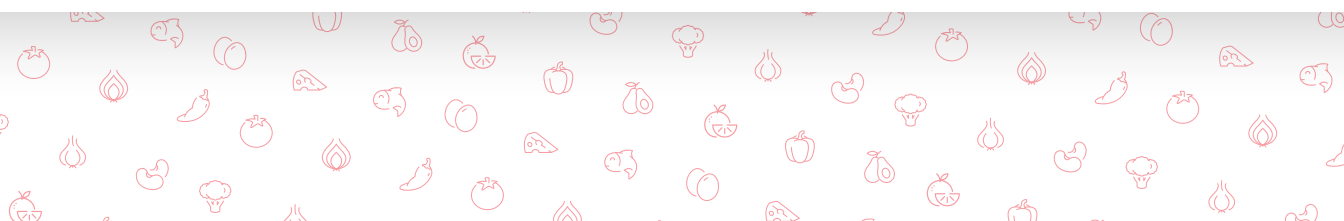
## NUTRITIONAL INFO

**Per serving:** Calories 360, Fat 4.5 g (Saturated 1 g, Trans 0 g), Cholesterol 80 mg, Sodium 570 mg, Carbohydrate 49 g (Fiber 12 g, Sugars 4 g), Protein 37 g

## INSTRUCTIONS

1. Dice tomato. Toss together tomato, chicken, beans, and salsa mix in **Rectangular Steamer**.
2. Cover; microwave on high for 5 min, or until chicken is cooked through.
3. Dish up with a warm tortilla.

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# QUICK BURRITOS



## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced vegetables, your choice.



TOTAL TIME: 15 min



4 SERVINGS



\$2.20 CA/\$1.61 US PER SERVING

## INGREDIENTS

1 lb (450 g) lean ground turkey, chicken, or beef

1 tbsp **Guacamole Dip Mix**

½ cup sour cream

1 tbsp **Fajita Seasoning**

1 large tomato

1 heaping cup baby spinach

4 large wholegrain tortillas, warmed

½ cup grated cheese, your choice

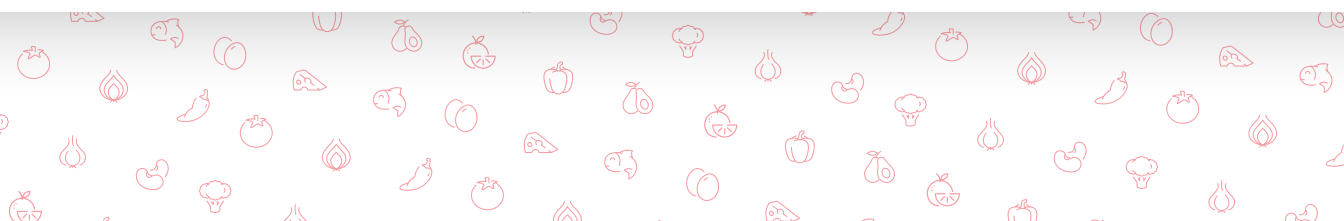
## NUTRITIONAL INFO

**Per serving (1 burrito):** Calories 350, Fat 22 g (Saturated 6 g, Trans 0.1 g), Cholesterol 110 mg, Sodium 630 mg, Carbohydrate 30 g (Fiber 14 g, Sugars 1 g), Protein 34 g.

## INSTRUCTIONS

1. Place meat in **Multipurpose Steamer**. Stir in dip mix; cover and microwave on high, 3–5 min.
2. Meanwhile, in bowl, stir together sour cream and seasoning. Set aside.
3. Dice tomato. Thinly slice spinach.
4. To assemble, spread 2 tbsp sour cream mixture on each warm tortilla. Top with meat, tomato, spinach, and cheese. Roll tight!

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# ENCHILADA CHICKEN & ZOODLES



## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 small wholegrain bun and ¼ avocado, sliced.

## RECIPE TIP

To save time, find pre-spiralized zucchini in the produce section of many grocery stores. It can often be found near the packaged salad mixes.

## RECIPE TIP

Use **Epicure Nourish Broth** for a great low-sodium broth option!



TOTAL TIME: 20 min



4 SERVINGS



\$2.64 CA/\$2.24 US PER SERVING

## INGREDIENTS

- 2 tsp oil
- 1 lb (450 g) boneless, skinless chicken thighs
- 1 pkg **Enchilada Seasoning**, divided
- 1 cup low-sodium broth, your choice
- ½ can (14 oz/398 ml) crushed tomatoes
- 2 medium zucchinis
- ¼ cup crumbled feta cheese, optional

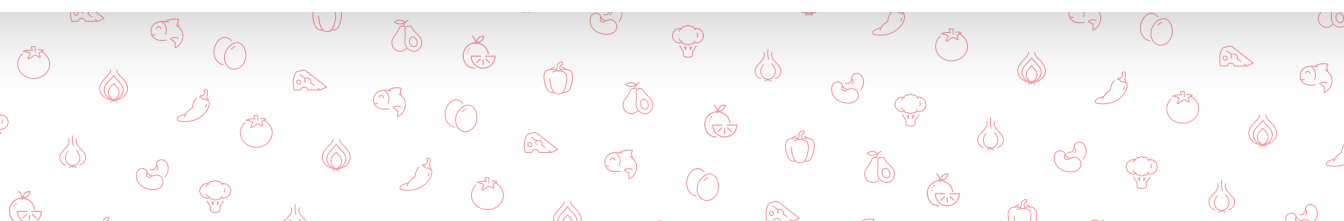
## NUTRITIONAL INFO

**Per serving:** Calories 240, Fat 8 g (Saturated 1.5 g, Trans 0 g), Cholesterol 90 mg, Sodium 520 mg, Carbohydrate 17 g (Fibre 3 g, Sugars 5 g), Protein 28 g

## INSTRUCTIONS

1. In **Wok**, heat oil over medium-high heat. Add chicken; cook until lightly browned, about 3 min per side.
2. Meanwhile, reserve 1 tbsp seasoning and set aside. In a bowl, whisk together remaining seasoning, broth, and crushed tomatoes. Add to wok once chicken has browned.
3. Reduce heat; stir to coat. Cover; simmer, stirring occasionally, until chicken is cooked through, about 5 min.
4. Meanwhile, using **4-in-1 Mandoline** fitted with 6 mm julienne plate, julienne zucchinis into long thin strips to make zoodles (you should have about 6 cups). Place in **Multipurpose Steamer**; sprinkle with reserved 1 tbsp seasoning. Cover; microwave on high 2 min. Toss (with lid on) and microwave an additional 2 min.
5. Divide zoodles and chicken on plates, spoon sauce on top and finish with cheese, if desired.

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# MEXICAN FRITTATA



## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup sliced vegetables and 1 cup rice.



TOTAL TIME: 15 min



4 SERVINGS



\$1.48 CA/\$1.26 US PER SERVING

## INGREDIENTS

- 1 bell pepper
- 5 eggs
- 1 cup liquid egg whites
- 1 tbsp **Fajita Seasoning**
- $\frac{3}{4}$  cup grated cheese, your choice
- 1 avocado
- 1  $\frac{1}{2}$  tbsp **Guacamole Dip Mix**
- 1 tsp lime juice

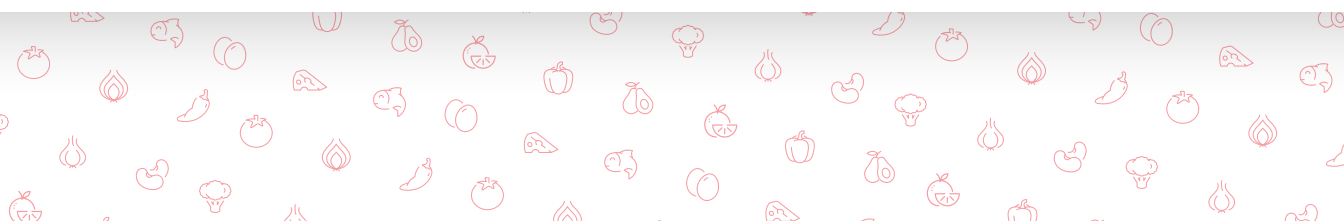
## NUTRITIONAL INFO

**Per serving:** Calories 250, Fat 14 g (Saturated 4 g, Trans 0 g), Cholesterol 310 mg, Sodium 510 mg, Carbohydrate 9 g (Fiber 4 g, Sugars 3 g), Protein 22 g.

## INSTRUCTIONS

1. Dice pepper; place in **Multipurpose Steamer**. Cover; microwave on high until soft, 1 min.
2. Crack eggs into steamer; add egg whites and seasoning. Stir to mix; sprinkle cheese on top. Cover and microwave on high until eggs are set, 3–4 min. Let stand, covered, 1 min.
3. Meanwhile, cut avocado in half; discard pit. Scoop flesh into a bowl; add dip mix and lime juice. Using a fork or **Ground Meat Separator**, coarsely mash.
4. Cut frittata into squares and serve with guacamole.

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# SWEET POTATO ENCHILADA SOUP



## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 2 tbsp guacamole.

## RECIPE TIP

Hand crushing tomatoes is not only almost as satisfying as squeezing a stress ball, but it also releases all the delicious juice and gives the dish a rustic look!



TOTAL TIME: 20 min



4 SERVINGS



\$4.82 CA/\$4.10 US PER SERVING

## INGREDIENTS

5 cups hot water  
1 pkg **Enchilada Seasoning**  
2 small sweet potatoes  
2 green bell peppers  
1 can (14 oz/398 ml) whole tomatoes  
1 can (19 oz/540 ml) unsalted black beans  
4 cups baby spinach  
½ cup 2% plain Greek yogurt  
½ cup grated cheese

**Toppings (optional):** crushed tortillas, squeeze of fresh lime juice

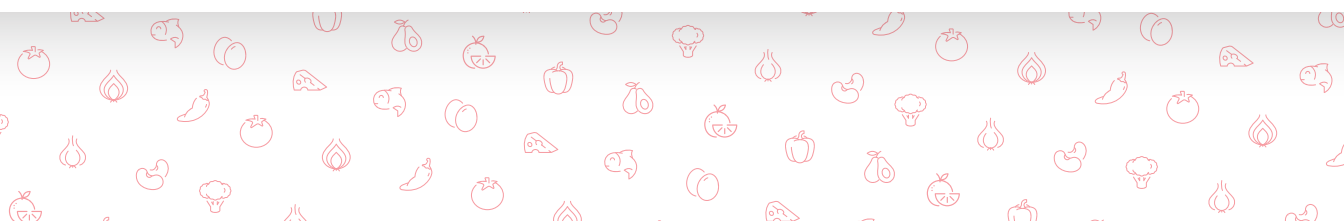
## NUTRITIONAL INFO

**Per serving (3 cups):** Calories 350, Fat 7 g (Saturated 3.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 630 mg, Carbohydrate 56 g (Fibre 13 g, Sugars 11 g), Protein 19 g.

## INSTRUCTIONS

1. In **Wok**, combine water and seasoning over high heat. Cover; bring to a boil. Meanwhile, dice sweet potatoes (don't peel) and bell peppers; add to wok.
2. Hand crush tomatoes; add to wok with juice from can. Cover; return to a boil. Reduce heat and simmer 5 min.
3. Drain and rinse black beans, add to wok. Simmer 2 min. Add baby spinach, stir gently until wilted.
4. Divide between bowls, top each bowl with 2 tbsp each yogurt and cheese; add additional toppings, if desired.

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# TEX MEX BURRITO BOWL



## MAKE IT A PERFECTLY BALANCED PLATE

This is a perfectly balanced bowl.



TOTAL TIME: 20 min



4 SERVINGS



\$4.82 CA/\$4.10 US PER SERVING

## INGREDIENTS

- 1 lb (450 g) boneless, skinless chicken breasts
- 2 tbsp **Fajita Seasoning**
- 1 cup uncooked quinoa
- 1 red pepper
- 1 large tomato
- 2 tbsp **Poco Picante Salsa Mix**
- 2 tsp lime juice, divided, optional
- 1 avocado
- 1½ tbsp **Guacamole Dip Mix**
- 4 cups baby spinach or shredded iceberg lettuce
- ¼ cup grated cheese, optional

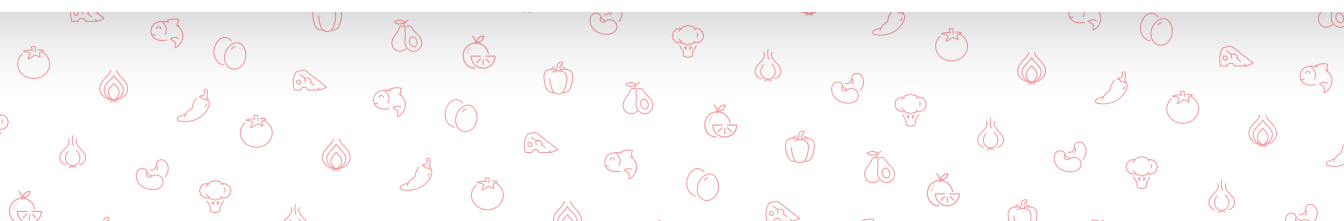
## NUTRITIONAL INFO

**Per serving:** Calories 430, Fat 14 g (Saturated 2 g, Trans 0 g), Cholesterol 85 mg, Sodium 410 mg, Carbohydrate 43 g (Fiber 10 g, Sugars 3 g), Protein 36 g.

## INSTRUCTIONS

1. Cut chicken into cubes. Place in **Multipurpose Steamer**; stir in seasoning. Cover and microwave on high, 3–4 min. Transfer to a bowl.
2. Place quinoa in same steamer (don't rinse). Pour in 2 cups water. Cover and microwave on high 12 min.
3. While quinoa cooks, thinly slice pepper.
4. Prepare salsa. Dice tomato; place in a bowl and stir in salsa mix. Add 1 tsp lime juice, if desired. Stir to mix.
5. For guacamole, cut avocado in half; discard pit. Scoop flesh into a bowl; add dip mix and lime juice, if desired. Using the **Ground Meat Separator**, coarsely mash.
6. To assemble, divide and arrange spinach, chicken, quinoa, pepper, salsa, and guacamole in bowls. Top with cheese, if using.

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# SHEET PAN FAJITA DINNER



## MAKE IT A PERFECTLY BALANCED PLATE

Serve with 1 cup mixed greens and 1 tsp Epicure dressing.



TOTAL TIME: 20 min



6 SERVINGS



\$4.29 CA/\$3.65 US PER SERVING

## INGREDIENTS

2 bell peppers

½ red onion

1½ lbs (675 g) boneless, skinless chicken breasts or flank steak

2 tbsp oil

1–2 tbsp **Fajita Seasoning**

12 small wholegrain or corn tortillas

1 cup grated cheese, preferably low fat

**Toppings (optional):** prepared

**Guacamole**, prepared **Poco Picante**

**Salsa**, cilantro, lime wedges

## NUTRITIONAL INFO

**Per serving:** Calories 430, Fat 14 g (Saturated 2 g, Trans 0 g), Cholesterol 85 mg, Sodium 410 mg, Carbohydrate 43 g (Fiber 10 g, Sugars 3 g), Protein 36 g

## INSTRUCTIONS

1. Arrange racks in top and bottom third of oven. Preheat broiler to high.
2. Meanwhile, thinly slice peppers and onion. Cut chicken into bite-size pieces and place on **Sheet Pan**. Add oil and seasoning; toss to evenly mix, then spread out in a single layer.
3. Broil, rotating pan and stirring often, until cooked through, 8–10 min.
4. Wrap tortillas in foil; place on bottom rack in oven for last 3 min of cooking.
5. Remove both from oven; sprinkle cheese over chicken mixture. Serve in warm tortillas with toppings, as desired.

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